



## What is Life Coaching?

- > Coaching is a partnership
- > A Coach supports a person in the way they wish, and in the direction they want to go
- > Coaching builds awareness, empowers choice, and leads to change
- > A Coach acknowledges you as the expert in your life, and believes you have the skills/knowledge to get where you want to go

## What can Coaching to Clarity do for me?

- > Help you discover your passion & purpose
- > Become more focused, and have direction
- > Improve self awareness and understanding
- > Stretch the limits of your comfort zone
- > Arm you with an accountability partner!  
(Studies show, you have a 95% success rate when you share your goals and progress with a partner)
- > Help you see a different perspective
- > Build your self-confidence
- > Help you reach your potential!



Coaching to Clarity

 [coachingtoclarity.ca](https://www.coachingtoclarity.ca)



*Let me help you get to your "a-ha" moment, one conversation at a time.*

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## Is a Coach right for me?

To help you answer this question, take a moment to reflect on the following:

- Do you ever feel like you lack confidence?
- Do you feel like you know where you want to go, but not sure how to get there?
- Do you want to start something new and want help finding out what truly drives you?
- Have you ever felt overwhelmed and want to regain control of your life?
- Do you accomplish more when you have a deadline or make a commitment?

If you said yes to any of the above, then what you need right now is a trained practitioner to provide accountability and partner with you on the journey to achieving your goals. A **professional coach** will help you unlock your potential.



*If we don't change,  
we don't grow.  
If we don't grow, we aren't  
really living.*

*- Gail Sheehy*